



STRESSORS FOR EACH COLOR

Orange

Too much responsibility
Imposed structure or deadlines
Repetition, routine, being stuck at a desk
Lack of variety, options
Too many rules, regulations, details

Blue

Broken promises
Talking behind one's back
Conflict, insincerity, rejection, lying
Lack of social contacts
Placing "the system" before people

Gold

Incomplete directions, tasks, answers
Disorganization, lack of structure
Lack of follow-through
Irresponsibility of others
Changing details

Green

Lack of independence and control
Incompetence
Inability to use or display knowledge and intellect
Small talk / social functions
Subjective judgment / emotional displays

